

Go Veg: Md. Lawmakers Plan Vegetarian Pledge

Lawmakers go veg to promote environment

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Several Maryland lawmakers will sign a pledge Saturday to give up meat for a week to promote the environment and a healthier way of life.

The 1 p.m. to 3 p.m. event at the [Takoma Park](#) Presbyterian Church is open to everyone and will kick off [Maryland VegWeek](#), which runs from Saturday to April 30. [Maryland VegWeek](#) is an annual event sponsored by animal rights group [Compassion Over Killing](#).

“Every time we choose vegetarian foods, we’re helping build a kinder, cleaner, and healthier world,” said [Compassion Over Killing](#) Executive Director [Erica Meier](#). “And [Maryland VegWeek](#) highlights these benefits as well as the increasing availability of meat-free foods in restaurants and grocery stores in and around Maryland.”

Special guests at Saturday’s [Maryland VegWeek](#) Kick-Off Party include U.S. Rep. Donna Edwards (D-Md.); state Sens. Jamie Raskin (D-20) and [David Harrington](#) (D-47); state Delegates Tom Hucker (D-20) and Jim Gilchrist; and [Montgomery County](#) Council Vice President [Valerie Ervin](#). They will pledge to go vegetarian for VegWeek.

Environmentalists say one of the biggest things you can do to help the planet is stop eating meat, or at least cut down your consumption.

The production of one calorie of animal protein requires more than 10 times the fossil fuel as required to produce the same calorie from a plant, according to [American Journal of Clinical Nutrition](#).

One pound of beef requires 2,500 gallons of water. A pound of soy uses a tenth that amount.

The EPA says animal agriculture is a major pollutant. Using massive amounts of water, grain, petroleum, pesticides, hormones and antibiotics.

"The results are disastrous," said Dr. David Brubaker, of [Johns Hopkins University's Center for a Livable Future](#).

It's also unbearably cruel to these animals who experience fear and pain.

Try veg for a week and see what it does to your health. It's like eating sunlight.